

JENNIFER DeSENA
Supervisor

KELLY GILLEN
*Commissioner of
Parks and Recreation*



CLINTON G. MARTIN PARK POOL GUIDE

2024 SEASON

*1601 Marcus Avenue
New Hyde Park, NY 11040*

516-869-6311 | www.northhempsteadny.gov
parks@northhempsteadny.gov



Department of
Parks &
Recreation

PROGRAM DATES

Registration dates for all swim classes, swim team, aquacise, & yoga.

• JUNE 4, 2024

6:00PM – 8:00PM

MEMBERS ONLY

Program Registration Begins
Rain or Shine

Bring your current membership
cards with you.
Check program for pricing.

• JUNE 11, 2024

6:00PM – 8:00PM

Non-Member Resident Program
Registration Begins
Rain or Shine

**Bring photo ID proof of Residency
(Driver's License) and child's birth
certificate with you.
Check program for pricing.

• JULY 2, 2024

Classes Begin.



NO CASH PAYMENTS

ACCEPTABLE PAYMENT METHODS INCLUDE:

**ALL MAJOR CREDIT CARDS, GOOGLE PAY, APPLE PAY CHECK OR
MONEY ORDER MADE PAYABLE TO: THE NEW HYDE PARK
SPECIAL PARK DISTRICT**



Department of
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SWIM LESSONS

ADULT SWIM LESSONS (AGES 18+)

Tuesdays July 2, 2024 — Aug 6, 2024
6:30pm — 7:10pm

\$65 Members Only

All levels of skill. Improve your strokes whatever your skill level and for the adult beginners this program will teach the front crawl, kicking, proper breathing, back float, glide and intro to back crawl.

(Lightning/Thunder make-up Aug. 13 only)

DOLPHINS: (3 YEARS—5 YEARS OLD)

Tuesdays July 2, 2024 — Aug 6, 2024
9:00am — 9:30am, 9:40am — 10:10am

Thursdays July 4, 2024 — Aug. 8, 2024
9:00am — 9:30am, 9:40am — 10:10am

\$65 Members Only

Children must be out of diapers and able to handle parent separation. Students will learn basic skills including: placing their face in water, blowing bubbles, kicking, arm stroke and backstroke. They will be introduced to life jackets and learn water safety skills. All children will wear a bubble flotation device while continuing to learn and improve their skills.

Parents are not allowed to stay with their child during lessons. No one is allowed on pool deck during lessons.

GUPPIES (6 MONTHS - 3 YEARS OLD)

Thursdays July 4, 2024 — Aug. 8, 2024
10:20am — 10:50am

\$65 Members Only

Skills taught will include: water entry and exit, arm stroke, kicking and blowing bubbles. This course is designed to help children become comfortable in the water, so they are ready to learn to swim. Students will wear a bubble flotation device.

An adult must accompany the child in the water. Children must wear swim diapers & plastic pants and a bathing suit. No one is allowed on pool deck during lessons.

SUNFISH (5 YEARS OLD ONLY)

Tuesdays July 2, 2024 — Aug 6, 2024
10:20am — 10:50am

\$65 Members Only

This course is designed to continue the swimming skills learned in the Pre-K programs. Bubble flotation devices will be provided based upon swimmers ability and instructors recommendation. The front crawl and backstroke will be taught along with proper breathing and kicking techniques. Water safety skills will be introduced by the use of life jackets.

Proof of Age Required at Time Of Registration.

Parents are not allowed to stay with their child during lessons. No one is allowed on pool deck during lessons.

Prerequisite: Child must be out of diapers, able to handle parent separation



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LEVEL 2 & LEVEL 3 SWIM LESSONS

CHILDREN'S SWIMMING LESSONS LEVEL 2 (AGES 6-17)

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Breath Control

Submerge Head: 5 seconds
Retrieve Underwater Objects (3x)
Bobbing (5x)

Entries

Step-in Entry
Side Exit

Stroke

Unsupported Front Float or Glide
Unsupported Back Float or Glide
Flutter Kick on Front
Flutter Kick on Back
Finning on Back & Sculling on Back
Combined Stroke on Front: 5 yds
Combined Stroke on Back: 5 yds
Turning Over Back to Front
Turning Over Front to Back
Tread Water Using Arm Motion
Swim on Side w/ Support

Safety

Float in Life Jacket
Swimmer in Distress
Familiar w/ Pool Rules

CHILDREN'S SWIMMING LESSONS LEVEL 3 (AGES 6-17)

LEVEL 3: STROKE DEVELOPMENT

Breath Control

Rotary Breathing (5x)
Retrieve Underwater Objects—Eyes Open
Bobbing w/ Rhythmic Breathing

Entries

Jump into deep water from side
Knows basic rules of safe diving
Dive from side of pool: kneeling or sitting
Survival float: 30 sec.
Back float: 30 sec.

Stroke

Back Crawl: 15 yds
Front Crawl: 15 yds
Elementary Backstroke Kick: 10 yds
Front Glide—2 Body Lengths: Kick 1
Front Glide—2 Body Lengths: Kick 2
Back Glide—2 Body Lengths: Kick 1
Back Glide—2 Body Lengths: Kick 2
Butterfly Kick: 15 feet
Vertical to Horizontal Position Change

Safety

Jump into deep water w/ life jacket
Familiar with H.E.L.P. & huddle positions
Demonstrate treading water (30 sec.)
Reaching Assists
Rules for Safe Diving



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LEVEL 4, LEVEL 5 & LEVEL 6 SWIM LESSONS

CHILDREN'S SWIMMING LESSONS LEVEL 4 (AGES 6-17)

LEVEL 4: STROKE IMPROVEMENT

Breath Control

Deep water bobbing
Rotary Breathing
Feet First Surface Dive
Underwater Swim: 3 Body
Lengths

Entries

Dive from Side: Standing
Position
Dive from Side: Compact or
Stride Position

Stroke

Front Crawl: 25 yds
Back Crawl: 25 yds
Sidestroke: 15 yds
Breaststroke: 15 yds
Elementary Breaststroke: 5 yds
Sculling on the Back: 5 yds or 15 sec.
Open Turn at Wall: Front & Back
Butterfly: 15 yds
Survival Float: 1 min.
Back Float: 1 min.

Safety

Become familiar with CPR
Demonstrate rescue breathing
Tread water for 1 min.

CHILDREN'S SWIMMING LESSONS LEVEL 5 (AGES 6-17)

LEVEL 5: STROKE REFINEMENT

Breath Control

Alternate Breathing
Swimming Under Water: 3 body
lengths

Entries

Stride Jump Entry
Standing Dive
Long Shallow Dive

Stroke

Breaststroke: 25 yds
Sidestroke: 25 yds
Elementary Backstroke: 25 yds
Butterfly: 25 yds
Front Crawl: 50 yds
Back Crawl: 50 yds
Turn on Front
Turn on Back

Safety

Rules for Safe Diving on Board
Feet First Surface Dive (Tuck &
Pike)
Spinal Injury Recognition &
Supports
Tread Water—2 min w/ 2
Different Kicks

CHILDREN'S SWIMMING LESSONS LEVEL 6 (AGES 6-17)

LEVEL 6: FITNESS SWIMMER

Stroke

Front Crawl: 100 yds w/ turn
Back Crawl: 100 yds w/ turn
Breast Stroke: 50 yds
Sidestroke: 50 yds
Butterfly: 50 yds
Approach Stroke: 25 yds
Elementary Backstroke: 50 yds

Stroke Continued

Breast Stroke Turn
Sidestroke Turn
Speed turn & pull out for
breaststroke
Flip turn for front crawl
Flip turn for back crawl

Safety

Pike Surface Dive
Tuck Surface Dive
Alternative Kicks for Treading
Water
Throwing Rescue
Rolling Spinal Injury Victim
Face Up



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SWIM LESSONS SCHEDULE FOR CHILDREN'S LEVELS

THESE COURSES WILL FOCUS ON THE CORRESPONDING SWIMMING SKILLS LISTED ON PREVIOUS PAGES
FEE: \$65 MEMBERS ONLY

SESSION I:
JULY 2—JULY 19 (3 WEEKS)

Tues.—Fri.
9:00AM-9:30AM

Level 2

Tues.—Fri.
9:40AM - 10:10AM

Level 3

Tues.—Fri.
10:20AM-10:50AM

Level 4
Level 5
Level 6

SESSION II:
JULY 23—AUGUST 9 (3 WEEKS)

Tues.—Fri.
9:00AM - 9:30AM

Level 2

Tues.—Fri.
9:40AM - 10:10AM

Level 3

Tues.—Fri.
10:20AM - 10:50AM

Level 4
Level 5
Level 6

THE DUCKIES SWIM TEAM



SWIM TEAM AGE 16 & UNDER (AGE IS AS OF JUNE 1)

This team is comprised of boys and girls ages 16 (as of June 1) and under. After you register your child, he or she will be placed on the team by trained and qualified swim coaches. When the season is over the whole team celebrates with a special awards dinner. Come join the team and add a little friendly competition to your summer!

**Open only to residents of the New Hyde Park Special Park District.

TRYOUTS
JUNE 18- JUNE 20
6:30PM-7:30PM

PRACTICES
JUNE 25—AUGUST 10

Tues.—Fri.
Ages 12& Under 8:00AM-9:00AM
Ages 13+ 9:00AM-10:45AM

SWIM TEAM: STROKE CLINICS (OPTIONAL)
MONDAYS
JULY 1- JULY 29
6:30PM-7:30PM

COMPETITION MEETS
TBA

\$40 Members*/\$80 Non-Members**

*With Pool Membership \$40/1st Child, \$30/2nd Child, \$20/3rd Child +
**Without Pool Membership \$80/1st Child; \$70/2nd Child; \$60/3rd Child +

For more information contact: cgmduckies@northhempsteadny.gov



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ADULT YOGA

Yoga is the practice of entering the sanctuary of the body to quiet the restlessness of the mind. This experience will help align the body's natural rhythms while stretching you and making you stronger. Uncovering the physical, emotional and mental tensions held in the body will allow insight for relaxation.



JUNE 25— AUG. 22

Tues. & Thurs.
5:00PM-6:00PM

Members Only
No Fee
(No class July 4)

ADULT AQUACISE

Water aerobic exercise class is designed to increase cardiovascular endurance and maintain a healthy body. You will tone & strengthen muscles using water resistance. Water level is approximately 4 ft. to keep the impact at a minimum.



JUNE 25— AUG. 22

Tues. & Thurs.
3:30PM-4:30PM

Members Only
No Fee
(No class July 4)

* please note: there are no makeup classes
due to inclement weather